



Crispy Sesame Chicken Schnitzel with Miso Mushroom Rigatoni and Baby Leaf Salad

Premium 40-45 Minutes • 1 of your 5 a day

30



British Chicken Breasts



Breadcrumbs



Black Sesame Seeds



Rigatoni Pasta



Sliced Mushrooms



Rice Vinegar



Miso Paste



Wild Mushroom Paste



Creme Fraiche



Grated Hard Italian Style Cheese



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Egg, Sugar, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking paper, saucepan, bowl, whisk, frying pan, kettle, baking tray and colander.

Ingredients

Ingredients	2P	3P	4P
British Chicken Breasts**	2	3	4
Breadcrumbs 13)	50g	75g	100g
Black Sesame Seeds 3)	5g	7g	10g
Rigatoni Pasta 13)	180g	270g	360g
Sliced Mushrooms**	180g	300g	360g
Rice Vinegar	15ml	22ml	30ml
Miso Paste 11)	15g	22g	30g
Wild Mushroom Paste	22g	33g	44g
Crema Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	½ tsp	1 tsp	1 tsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbspc	1½ tbspc	2 tbspc
Water for the Sauce*	150ml	225ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	635g	100g
Energy (kJ/kcal)	4743/1134	747/178
Fat (g)	51.7	8.1
Sat. Fat (g)	26.7	4.2
Carbohydrate (g)	100.5	15.8
Sugars (g)	12.0	1.9
Protein (g)	67.8	10.7
Salt (g)	4.95	0.78

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **7)** Milk **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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Crumb the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2 cm thick. Season with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. In another medium bowl, combine the **breadcrumbs** and **black sesame seeds**, then season with the **salt for the breadcrumbs** (see pantry for amount) and **pepper**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Bring on the Mushrooms

While the **pasta** cooks, carefully wipe out the (now empty) **chicken** frying pan. Return to medium-high heat with a drizzle of **oil**.

Once hot, add the **sliced mushrooms** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 5-6 mins.

In the meantime, in the (now empty) bowl, combine the **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then set aside.



Fry and Bake

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **crumbed chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Meanwhile, boil a full kettle. Wash out one of your used bowls for later.

Once the **chicken** is golden brown, transfer to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. Discard the **oil** from the **chicken** pan. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Make your Miso Sauce

Once the **mushrooms** are browned, stir in the **miso**, **wild mushroom paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.

Once thickened, mix in the **creme fraiche** and **cheese**. Simmer for 1 min.

Stir in the **cooked pasta** and **butter** (see pantry for amount). Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Cook the Pasta

Meanwhile, pour the **boiled water** from your kettle into a large saucepan with ½ **tsp salt** on high heat.

Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Finish and Serve

When you're ready to serve, add the **baby leaves** to the bowl of **dressing** and toss to coat.

Transfer your **chicken schnitzel** to a board and cut widthways into 1cm thick slices.

Share the **creamy mushroom rigatoni** between your bowls and top with the **sliced schnitzel**.

Serve with the **salad** alongside.

Enjoy!